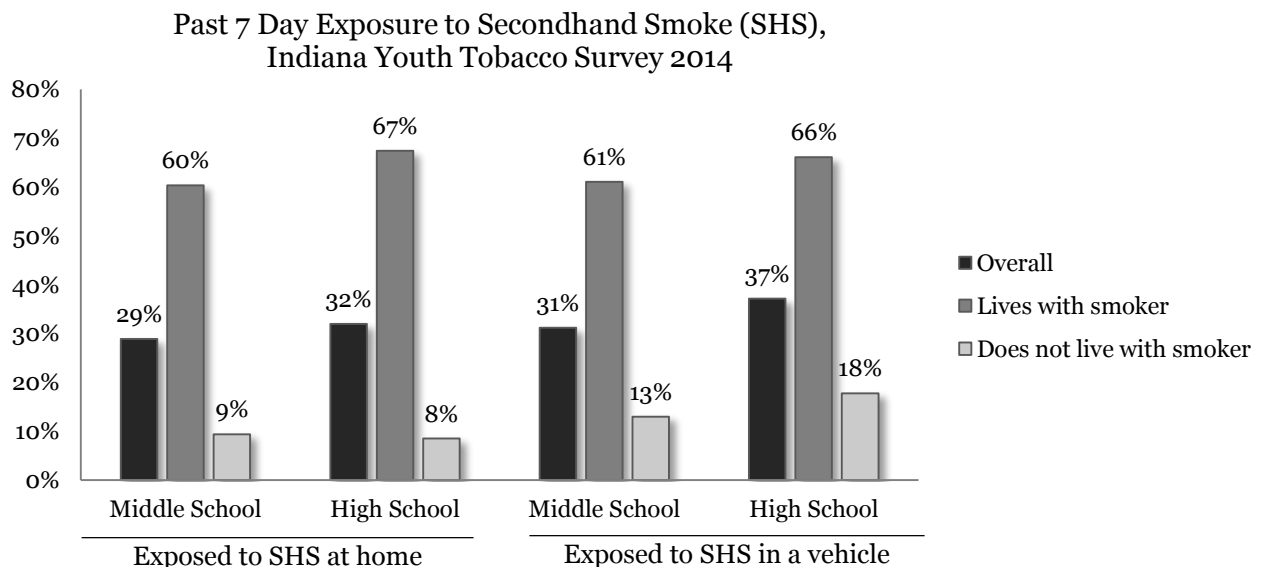


Secondhand Smoke: Youth Exposure and Rules about Smoking in the Home

Each year in the United States, over 41,000 adult deaths are attributable to secondhand smoke.¹ In Indiana, an estimated 1,426 adults, children and infants die from diseases linked to secondhand smoke annually.² Secondhand smoke has been classified by the U.S. Environmental Protection Agency as a cancer causing substance. In children, secondhand smoke contributes to acute and chronic respiratory illness, asthma, middle ear illnesses, and Sudden Infant Death Syndrome (SIDS). The proportion of Indiana youth exposed to secondhand smoke has been declining since 2000, but many youth are still exposed to secondhand smoke in the home or other places.

Youth Exposure to Secondhand Smoke in Indiana, 2014³

- In 2014, 29% of middle school students and 32% of high school students in Indiana were exposed to secondhand smoke in the home during the past week.
- Youth who live with someone who smokes cigarettes are more commonly exposed to secondhand smoke in the home. Among students who live with someone who smokes cigarettes, about 60% of middle school students and 67% of high school students were exposed to secondhand smoke in the past week.
- Youth who are exposed to secondhand smoke in the home tend to report frequent exposure. Among students exposed to secondhand smoke at home during the past 7 days, 57% of middle school students and nearly 70% of high school students were exposed on all 7 days.
- Approximately 31% of middle school students and 37% of high school students were exposed to secondhand smoke in a vehicle during the past week. A far higher proportion of middle school (61%) and high school (66%) students who live with smokers were exposed to secondhand smoke in vehicle.



Tobacco Prevention and Cessation Commission ~ www.in.gov/isdh/tpc ~ 317.234.1787
www.QuitNowIndiana.com ~ www.indianaquitline.net

Youth Secondhand Smoke Exposure in Public Places³

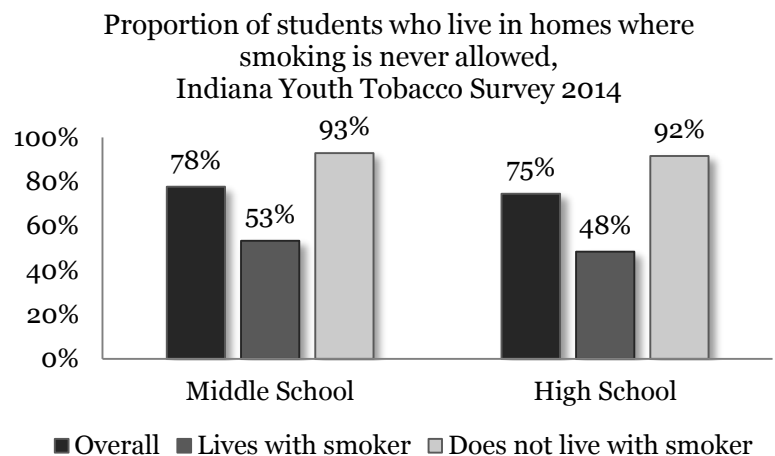
In addition to being exposed to secondhand smoke in the home, youth may be exposed to secondhand smoke in public places.

- In 2014, 14% of middle school students and 22% of high school students reported being exposed to secondhand smoke at school in the past week.
- Among high students who worked in the past week, 36% reported being exposed to secondhand smoke at work.*
- In 2014, 28% of middle school students and 37% of high school students were exposed to secondhand smoke in an indoor or outdoor public place during the past week.

Household Rules³

The proportion of students who report living in a household where smoking is never allowed inside the home has increased significantly in recent years.

- The proportion of middle school students who live in a smoke-free home rose from 58% in 2004 to 78% in 2014.
- The proportion of high school students who live in a smoke-free home rose from 62% in 2004 to 75% in 2014.
- A smaller proportion of students who live with smokers report smoke-free homes compared with students who do not live with smokers.



What Can You Do?

Reducing youth exposure to secondhand smoke requires not only changing individual smoking behaviors in private homes and vehicles, but also implementing and enforcing policies that protect youth from secondhand smoke exposure in other places, such as school districts, public places and multi-unit housing. You can help protect youth from secondhand smoke in the following ways:

- If you smoke, quitting will benefit not only your health but the health of your children. Call 1-800-QUIT-NOW or visit www.QuitNowIndiana.com for help.
- Institute and enforce strict no-smoking rules for your home and car.
- Encourage your children to ask others not to smoke around them.
- Educate community members, businesses, and community leaders about the benefits of tobacco-free environments including workplaces, public places, schools, and multi-unit housing.

1 U.S. Department of Health and Human Services. [The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General](#). Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014 [accessed 2015 Nov 30].

2 Zollinger TW, Saywell RM, Lewis CK. Estimating the economic impact of secondhand smoke exposure in Indiana in 2010. http://www.in.gov/isdh/tpc/files/Indiana_SHS_EconImpact_FullReport_2012.pdf [accessed 2015 Nov 30].

3 Indiana Youth Tobacco Survey, 2014.

*Youth secondhand smoke exposure at work and school may include exposure either indoors or outdoors.

Tobacco Prevention and Cessation Commission~ www.in.gov/isdh/tpc ~ 317.234.1787
www.QuitNowIndiana.com ~ www.indianaquitline.net



1-800-QUIT NOW
Indiana's Tobacco Quitline